

Final Tirch and Silberstein CFT interview

I think to me, to both of us, we like to say that compassion is your birthright. It's all of our birthright, you know, as a human being on this planet, you are worthy of compassion receiving and giving compassion. And now, **Laura Silberstein-Tirch**: [00:00:13] , as much as any other time in our lifetime is a good time. To remember that, to remember our capacity for compassion for each other.

Dennis Tirch: [00:00:22] Practicing being the version of yourself that you wish to be the embodied interdependent, interconnected, loving awareness that a human being can be. And when our brains and bodies are embodying that there's greater new Orleans integration, there's greater psychological flexibility. There is more self-compassion.

Diana Hill: [00:00:45] You're listening to Dr. Laura Silberstein Tirch and Dr. Dennis Tirch on Psychologists Off The Clock.

We are four clinical psychologists here to bring you cutting edge and science-based ideas from psychology to help you flourish in your relationships work and health.

Debbie Sorensen: [00:01:04] I'm Dr. Debbie Sorensen, practicing in Mile High Denver, Colorado

Diana Hill: [00:01:08] I'm Dr. Diana Hill practicing in seaside, Santa Barbara, California.

Yael Schonbrun: [00:01:11] From coast to coast. I'm Dr. Yael Schonbrun, a Boston-based clinical psychologist and assistant professor at Brown University.

Jill Stoddard: [00:01:17] And from sunny San Diego, I'm Dr. Jill Stoddard author of Be Mighty and The Big Book Of ACT Metaphors.

Debbie Sorensen: [00:01:23] We hope you take what you learn here to build a rich and meaningful life.

Diana Hill: [00:01:27] thank you for listening to Psychologists Off the Clock. Hi, this is Diana today.

we have an interview with Dr. Laura Silberstein Tirch and Dr Dennis Tirch who are the promoters of compassion focused therapy. And I have Jill here. What were your thoughts after listening to that interview?

Jill Stoddard: [00:01:44] Well, first of all, I thought that the interview was very calming. you know, both Dennis and Laura have a nice comment, calming demeanor as do you. So that was nice during this particular time that we find ourselves in. , but one of the things that really struck me is early on in the episode, , Laura's talking about the threat system.

The activation of the threat system and how right now we're just currently bombarded essentially with bad news. And, you know, where my brain went to add to that is it's not just the news, it's social media, you know, we're, we're just like constantly doom scrolling and being exposed to some pretty tough stuff.

Diana Hill: [00:02:25] I think the threat system gets activated when we look at social media and there's a discrepancy between this ideal version of self that's

out there and then our, our real selves. And we look at that discrepancy, it creates.

Threat in ourselves as well, or a sense of drive that we're not doing enough or we're not enough. And both of those can activate the opposite of compassion or self-compassion that real self-focus that social media has.

Jill Stoddard: [00:02:50] Yeah. I think it's made us more self-critical and simultaneously more self-focused because we're constantly thinking, what am I going to post about my life and what's going on with me and when, what we really need. For self compassion and compassion toward others as a recognition of common humanity that we all suffer together.

and, and it made me think like, gosh, how well are we able to access the compassion? I think she called them capacities. the compassion capacities. It was things like empathy and other elements that I think atrophy, the more we're focused on. Tech. but also like this is a plat, this platform isn't going away. Right? Like we can't just complain about it. We also can't go cold Turkey because it's necessary for a lot of elements of our lives, but maybe this is something we can figure out, like how do we use technology and these platforms to spread compassion to, to ourselves and to others.

It's interesting because as many of our listeners know I haven't been on social media and I was really a late adopter to the cell phone as well, but now I'm finally ready to get on just as soon as everyone is ready to jump ship. But one of the things that I've been thinking about in both our homeschooling, as well as, uh, social media is ecosystems and ecosystems are made up of producers, consumers, and decomposers and humans.

Aren't the best. Uh, decomposing, but they certainly produce and consume a lot. And when we're thinking about the ecosystem of social media, I'm wondering how we can do a better job at producing content that is beneficial and does not harm and creates a sense of community compassion. And how can we consume in a way that isn't harmful to ourselves, to our psychology or to our families, to each other.

And. I don't know how easy that's going to be. I, you can let me know. I'll be on mainly Instagram, working on giving you some content of how to use act in your daily life and some short yoga and visualization and meditation, but we'll see.

I think it's a good challenge for us and for our listeners, especially our listeners who have knowledge in the area of compassion, you know, how can we challenge ourselves to produce material content that, that spreads compassion.

Diana Hill: [00:05:11] Absolutely. And speaking of material that spreads compassion psychologists off the clock is partnered with Praxis continuing education, and they have a lot of wonderful workshops and offerings that are related to act and related to compassion. I was even just looking at the upcoming workshop with Dennis Tirsch on Tuesday, November 17th, which is committing act self liberation and challenging times.

Walking the path of mindfulness, acceptance and compassion. And as partners with Praxis, we do offer a discount. If you go through our website and that off the clock, psych.com, you'll get a \$25 off discount for any of their live online and on demand courses. And there's just a number of wonderful courses there.

I know Jill you've enjoyed practice a lot, uh, as a clinician and in your own

training.

Jill Stoddard: [00:06:02] I send to everyone I know to practice. And I think I might sign up for that at what was it called? Commit an act on November 17th. With Dennis, I think I might sign up for that training. That sounds amazing. So listeners come join me.

Diana Hill: [00:06:20] Dr. Laura Silberstein Tirch is the director of the center for compassion focused therapy and serves as an adjunct assistant professor at Albert Einstein college of medicine of Yeshiva university.

Dr. Silberstein Tirch is a clinical supervisor and compassion focused therapy trainer who presents internationally on mindfulness and compassion, and is the author of three books, including how to be nice to yourself. She is the founder and past president

Laura Silberstein-Tirch: [00:06:44] at the New York

Diana Hill: [00:06:45] chapter of

Laura Silberstein-Tirch: [00:06:46] the association for

Diana Hill: [00:06:47] behavioral science

Laura Silberstein-Tirch: [00:06:48] and the compassionate mind foundation USA.

Her

research

Diana Hill: [00:06:51] include psychological flexibility

Laura Silberstein-Tirch: [00:06:53] and emotions as well as

Diana Hill: [00:06:55] for anxiety and depression. It's an honor to have you on. Good to see you.

Laura Silberstein-Tirch: [00:06:58] Thank you so much. It's an honor to be here.

Diana Hill: [00:07:01] Yeah.

We have with Laura, Dennis Tirch, her husband and partner, and he is the founder of the Center for Compassion Focused Therapy in New York city, past president of the association for contextual behavioral science.

President of the compassionate mind foundation North America and the associate clinical director of the Icahn school of medicine at Mount Sinai, New York city. He is an internationally acknowledged expert, psychotherapist supervisor and trainer in CFT, cognitive behavioral therapy, acceptance and commitment therapy and Buddhist psychology.

And Dr. Tirch is the author

of seven books. Numerous chapters and peer reviewed articles

Laura Silberstein-Tirch: [00:07:36] on

Diana Hill: [00:07:36] mindfulness based psychotherapies.

Laura Silberstein-Tirch: [00:07:38] He

regularly trained CFT and

Diana Hill: [00:07:39] act globally through

Laura Silberstein-Tirch: [00:07:41] and courses in person and online.

Diana Hill: [00:07:43] And his

Laura Silberstein-Tirch: [00:07:43] work has been

Diana Hill: [00:07:44] in the New York times. The wall street
Laura Silberstein-Tirch: [00:07:45] journal, The Washington

Diana Hill: [00:07:46] post and NPR
among

Laura Silberstein-Tirch: [00:07:47] other
media outlets.

Diana Hill: [00:07:49] Through regular Twitter and other social media posts. Dr.
Tirch shares, compassionate focused insights

Laura Silberstein-Tirch: [00:07:54] with tens of thousands of people each

Diana Hill: [00:07:56] day. Dr. Tirch's an ambassador for the rom Dasko
fellowship and an advocate for yoga sobriety and vegetarian vegan living dr.
Church's also his Dharma holder lay

Laura Silberstein-Tirch: [00:08:06] teacher of Sharma.

Dennis Tirch: [00:08:07] thank you for inviting us and for spending your time and
for your interest in having a conversation today,

Diana Hill: [00:08:14] it's a real treat to have
you both on, uh, you're sort of the, the mother and father, a
couple

of compassion focused

therapy. And having you both in one spot at the same time with, I know a little
one napping, it takes a lot to get here. So we're really grateful for your time.

Thank you for joining us. And I guess I
just want to

start with, with how
you're holding up.

It's been quite a period of time. Lots of stressors on the family. I'm sure your work
has gotten very busy and there's a lot of need for you as compassion focused
therapy experts and act experts. How are you

Laura Silberstein-Tirch: [00:08:46] doing

Diana Hill: [00:08:47] as, as a family and how has, how has all of this, uh,
challenging time impacting the two of you?

Laura Silberstein-Tirch: [00:08:54] I think we're, you know, we're, we're doing,
we're doing well. I think it considering kind of the context and I know we feel
really lucky in many ways, um, to have this time and to have each other, um,
there's certainly been so many opportunities to practice. Practice compassion,
practice, acceptance practice, kind of the work that we, um, that we preach and
that we love and that we live.

and it's wonderful to have kind of a fellow psychologist and, and fellow traveler as
a partner in, in this time together. I think that there's been a lot of, uh, Yeah, a lot
of ups and downs over this past year. I mean, 2020 is become a bit of an
adjective in this house when things go, right. Things have gone 2020 in this
house. So I think we've been a use that as kind of a, as a cue for kind of
practicing, dropping in, um, taking care of each other and looking for, uh, The
positives and all this, I don't think we would have had this kind of insular time
together with our daughter being so young, um, and to have both our hands on
and this way.

So there's some, some ways we've seen some blessings and all of this madness.

Dennis Tirch: [00:10:05] Yeah. I mean, just to sort of echo and, you know, support what Laura's saying. We're aware as we all are of how much loss and pain and sickness has, has effected the whole world, like sort of in a unique way in our lifetime. I think I've never seen a single stressor have such great impact on the lives of so many people in so many different ways.

And if you're a sensitive, uh, Living soul, you know, you're going to be aware of that. And we've had some people we know who have passed away, uh, from this as so many of you have. And, uh, fortunately our closest folks are safe and well, and fortunately, you know, this. Struggle kind of is compatible with our, our life style and our life's mission, you know, I mean, so to be able to work from home women, to be able to be of service and to be connected to people in need and also to be a family and with our daughter and with older relatives to be safe and healthy and well, as much as we've been, and also to be kind of like.

You know, uh, home bodies and nerds, it also helps because you get to read or practice music or, you know, do things at home exercise being we live in nature and not, you know, too many folks around. So it's just some, sometimes in the course of your life, that when things go sideways, you're particularly vulnerable. I've been there. I know we all haven't and then sometimes when things go sideways, you have some buffering kind of stuff. So. So we've been lucky, although it is a profound stress, isn't it for all of us. So it's a reasonable place to begin our chat today.

Diana Hill: [00:12:02] it's interesting because I think the profound stress is impacting us in our little units in our household. People are more irritable, maybe less kind with each other, and often that's the case with those that we love the most. Right. And then bigger picture as you zoom out and you look at our country, we're both in the United States and even our, our world, uh,

Laura Silberstein-Tirch: [00:12:25] There's so much conflict and

Diana Hill: [00:12:27] division.

And I'm wondering if you can talk a little bit, compassion focused therapy is so grounded and, um, sort

Laura Silberstein-Tirch: [00:12:34] evolutionary understanding

Diana Hill: [00:12:36] of our brains and our minds. Can you talk about why sometimes

Laura Silberstein-Tirch: [00:12:39] it's so hard

Diana Hill: [00:12:40] to be kind to each other and especially when we're stressed and when we need it most.

Dennis Tirch: [00:12:44] Well, I'll kind of take a short version of that is that the human beings have evolved with this finely tuned, sensitive threat detection system for, for real threats in the world and also for social threats.

So when there's something that is a potential threat, including the threat of rejection or not being good enough, our attention narrows and our behavioral. Brooke towards focus on that threat. So we're going to tend to kind of gravitate to have that kind of threat based bias in the way we think. And, and sometimes it's really hard to soften even though compassion and self-compassion can down-regulate it's designed to downregulate our experience with threat.

Anything that could kind of come your vulnerability. Sometimes our learning

histories have set us up to. That's sort of like one door opener to that. You know what I mean? Lauren, there's more to it.

Laura Silberstein-Tirch: [00:13:41] No, I think that makes a lot of sense. And I think there is this kind of capacity that we have for kind of protecting ourselves in the face of threat and given the way our minds and our brains have evolved that we can hold on to that threat for long periods of time.

It's not like we just let it go and move on. Right. We have this ability to kind of hold onto and ruminate about the past and worry about the future, which keeps that threat system going and really is kind of, can be resistant to that softening that Dennis speaks speaks to, particularly when it feels like it's unrelenting and that every day we're waking up to another perceived threat or another thing to worry about.

Where I ruminate about. And so I think in that, in that respect, it kind of is always on, better, safe than sorry, 24 seven, um, threat detection machine, which is almost mirrored by this always on 24, seven news cycle that we've kind of been living in. And so I think there isn't a lot of breaks in the context of that.

You know, we talk a lot about this idea of our generation receives and is kind of witnessed too. More images of threat and aggression and violence than ants than generations of our ancestors ever witnessed. So I think that there is this kind of, um, kind of always on unrelenting aspect to the stress that we're under. That really makes it hard. Right. And it kind of is almost like stopping a speed boat to slow down, drop in and get connected, to be sensitive, to suffering, to feel connected and affiliated. To those around us and to ourselves.

Diana Hill: [00:15:18] And what about when that aggression is directed towards ourselves? Because I think the, the flow of the news media and, uh, access to all these images, not only exacerbates divide and a sense of threat, uh, amongst others, but it can exacerbate that feeling within ourselves that we're not enough. And I know that Laura, your book, how to be nice to yourself.

I, I have, I just leave it

Laura Silberstein-Tirch: [00:15:43] out on my,

Diana Hill: [00:15:45] my, my desktop. I put it around the house, my kids leave through it. It's because it's, it's sort of what we crave a little bit, right. How to be nicer

Laura Silberstein-Tirch: [00:15:54] to ourselves.

Diana Hill: [00:15:55] So what happens when the, the aggression is towards the self? Why is our mind doing that?

Laura Silberstein-Tirch: [00:16:01] There's kind of a control and self protection strategy in our capacity for self criticism, self attacking, albeit it's got its job wrong, right. It's ineffective because it leaves us feeling more anxious, more hopeless, less motivated to do something about it. When we are eating up on ourselves, when we are engaged in shame-based to self criticism, but the. The intention there and kind of when we look at, and we do like a functional analysis and self-criticism we ask kind of people that we work with or trainees, like what would be your greatest fear? If we were to take away that inner critic, I could take away that capacity to attack yourself. Like what would be the fear there?

And there's often applause, right? Because we recognize that it's harmful, but there's also this, wait a minute. Like this kind of pause of like, wait, if you took that away, maybe I might be even worse. Maybe I wouldn't live up to my values. Maybe I would engage in bad behavior on some level. So I think there is a part of us that thinks that if we're kind of hard on ourselves, if we get ourselves off, we'll be way more ourselves enough that somehow we'll, we'll, we'll prevent ourselves from engaging in bad behavior or from doing things that we might regret. But what we know from the research and what we know from our own experiences, That it's got its job wrong. That it's not effective. It's not skillful in that way. And ultimately it leaves us feeling worse than it would if we were to take a step back and be the kind of friend or mentor or coach or companion that wants the best for

Diana Hill: [00:17:38] one of the things that, you teach in, compassion focused therapy is. Beginning to personify and look at the inner critic. And I first met the two of you back at the first annual compassionate mind retreat in Nyack. And I have these nostalgic memories of eating together, being in line together, being all packed into a small space and how beautiful that time was.

But one of the things that really struck me from one of the talks that Paul Gilbert gave was when he asked this group of. Therapists researchers, people interested in compassion to describe what their inner critic looks like. It was pretty darn harsh, pretty, you know, images of like it's the devil with horns. It's an evil, you know, hag beating at me. Uh, so all of us have this inner critic. It's pretty, it's pretty harsh. And what, why is it helpful to start to personify it in that way?

Dennis Tirch: [00:18:31] There's a few, you know, positive. Dimensions to that are like helpful, you know, dimensions to that kind of work. One is to, you know, be less identified or less stuck or fused in those mental events. And emotional experiences often will say, I beat myself up. I am very self-critical. I hate myself. I think I'm a loser.

Which is very different from like I'm having that thought that I am bad. I'm feeling this sinking feeling in my chest that I get. When I start to beat myself up, feel heavy or sad about, uh, about the things I've done or the mind is telling me something. Wrong with me. That's a different thing. Right? So there's like a different, it's like the difference of looking at the world through your glasses or taking your glasses off and seeing your glasses.

So part of what we do in that exercise is we begin by asking people if their inner critic was removed. And I'm sure you remember this part of the exercise or has done this one, a whole bunch. Would you do it all the time with our clients and probably with ourselves? You know, like if. There was a magic wand, waving a magic wand or some kind of super app that could zap my brain.

And there goes my inner critic. It's not there anymore. You know, that inner critical capacity has gone. What would I be afraid would happen? And at first people think, what do you mean? What would be afraid of that? That's a great thing to have happened. I wouldn't want to beat myself up anymore, but then you kind of sit down and think, well, if it was really gone, like you really couldn't beat yourself up at all.

Would it be like, and people usually say, Oh, I'd become lazy or I'd become, uh,

you know, less effective or I'd be a bad person. Or people wouldn't like me or all this kind of stuff. And there's all these reasons, all these things that the inner critic is sort of like protecting us from. So it develops with a function.

We have fears of rejection that, you know, a human being is a type of a primate and a lone monkey is a dead monkey. We don't want to be voted off the Island. We don't do very well out on our own. So our mind is protecting us from exclusions, protecting us from rejection. And we think that we need this critical part of us.

But if you do the next part of that exercise where it's like, okay, well, that's what I'd be afraid might happen. But what do I really see when I imagine this inner critic? And just like you were saying, So it's terrifying image. Does that inner critic habits, my best interest at heart? Not really. What does it feel like when I'm full of shame and dread?

Does that lead to positive, healthy change? No. Sometimes I'll say to clients, like if that worked, I'd have the easiest job, it wouldn't be a very pleasant job when people would come in and I'd just be mean to them and tell them how terrible they are until they had to go out and be better people. And then they'd come back next week and they don't thank you very much, you know, it really.

And all that verbal abuse really got me to like, you know, organize my garage and get a better job. And I'm a better partner now. So thanks for being mean to me, that's not what therapy is. That's not what teaching is. That's not what, how people change. That's not what lifts us up. You know what I mean? So that's part of that whole the whole practice

Diana Hill: [00:21:55] so it's very much you're also talking about the act Process of diffusion stepping back looking at something When you talk about the glasses and taking them off your face

Laura Silberstein-Tirch: [00:22:04] And I think it

Diana Hill: [00:22:05] be helpful for our listeners too.

Get a, get a sense, like a window into what you're doing with people when you're working with these processes, what it looks like and what kind of transformations happen as a result.

Laura Silberstein-Tirch: [00:22:17] think that when we were working on kind of compassion, focus therapy, it helps to start with what we need.

By compassion. I think compassion has gotten a bad rep over the years and over its lifetime is something that's to be seen as soft or forgiveness. And there's a lot of confusion around that. So early on kind of unpacking that with our clients in terms of what are the capacities, what are the qualities and make up the compassionate mind that allow us to be sensitive to suffering in ourselves and others and to engage in a deeper.

Commitment to prevent and alleviate suffering in ourselves and others. And I think that that definition, um, is where kind of these processes kind of emerge, right? Like the sensitivity to suffering this present moment sensitivity to what's going on in oneself and others. Can you notice suffering as it arises in your body and your mind, and when you do, you know, are you deeply committed?

To your wellbeing. Is there a motivation there to care for that wellbeing? We know that compassion and our capacity for compassion evolved from, from our capacity for caretaking and care receiving, right? That we are kind of animals. We are beings that need each other for our survivals. And so this kind of care for wellbeing, this motivation to take care of ourselves and each other is another process of the compassionate mind.

And then we kind of look at kind of with our clients, with our trainees, kinda how, how, um, how willing and able we are to engage in those qualities. There's this capacity for sympathy or our ability to be moved by the suffering of others. And empathy and our capacity to put ourselves in another shoes and see things from their perspective or in kind of the imagery work around our compassionate or compassionate selves or around our inner critic.

Um, like the imagery of the devil. Can we understand where that critic is coming from and what its true intentions are that kind of capacity for flexible perspective, taking that is involved. And can we tolerate, are we willing to be with the distress? Of that suffering that we're being sensitive to. And finally, can we unhook ourselves from our judgmental evaluative thoughts about our experience of the experience of others in order to really tune into and do something about on suffering?

So those are like the qualities, the Pratt processes, or, um, capacities for compassion that we look to train up. from top down and the bottom up in our clients and in our trainees, those are the kind of what we do. Those are what we call the competencies of the compassionate mind.

Um, and then we train in kind of the behaviors. What do you do right? Once you have this capacity for sensitivity, empathy, sympathy, distress, tolerance, and judgment. What do you do in the face of suffering when it shows up for yourself or for others?

I think

Dennis Tirch: [00:25:29] part of what we're discussing is an embodied. Mode of being, or like an embodied motive. And we were talking last year with Kristin Neff about this in the difference between describing compassion as an embodied motive, or just kind of noticing self-compassion in these three parts that she identifies, uh, and CRISPR works with, obviously who works with her in the micro self compassion in the MSC world.

There's this very straightforward way of saying, Hey, if you're gonna be self-compassionate to, you know, you're one of the things you're doing is you're, you know, mindful of the present moment. You're aware of what's happening around you. You're recognizing your common humanity, and you're also practicing kindness towards yourself as opposed to a cruelty to yourself, which is, you know, pretty good place to begin.

That's that's quite a lot right there and all the beautiful practices that can bring those things forward. That's really great. So Kristen was sort of saying like, you know, you gotta be able to say this in ways that people relate, you know, like what an embodied votive, why, why even use that language. And she had a good point, but one of the things I like about the kind of detail of the CFT and act like sticking with the CFT process model and the way Laura is mapping out, right, is that we might not talk that way with every client.

But we will sort of know that we have this aim in mind and the aim is not to get people to think differently than the aim is not for people to like, you know, fake it till they make it. The aim is not to, you know, although it's great, you know, thing definitely is great. Faking a teammate. It's great. Be mindful is great.

Those are all great things, but awakening some capacity that you have awakening a dimension of your being. That functions differently than a whole human sentient being acts in the world differently when they're embodying their awakening, compassionate mind, that's, that's worth noticing that's worth talking about in those terms.

Practicing being the version of yourself that you wish to be the embodied interdependent, interconnected, loving awareness that a human being can be. And when our brains and bodies are embodying that there's greater new Orleans integration, there's greater psychological flexibility. There is more self-compassion.

If you're interested in building more compassion into your daily life. Join me Diana for a workshop through yoga soup called act daily with compassion it's online Sunday, December 13th from 10:00 AM to 12:30 PM. Pacific time. It's by donation. So everybody is welcome. And all donations go to yoga soup. You can learn more at [dr. Diana hill.com](http://dr.dianahill.com). there you'll also find a free download to help you work with your inner critic and developing a more compassionate voice. Check it out at [dr. Diane hill.com](http://dr.Diane.hill.com).

Diana Hill: [00:28:41] so many, uh, people across the globe, at least in the Northern hemisphere are going to be entering into a, uh, Deep long winter. And, I think that there is a lot of concern about what that's gonna look like and feel like, and how people are

Laura Silberstein-Tirch: [00:28:57] are going to

Diana Hill: [00:28:58] that. How would that, how would you use some of those competencies to approach

Laura Silberstein-Tirch: [00:29:03] approach something like the,

Diana Hill: [00:29:05] the realities of a future stressors and even current stressors that people are experiencing?

Dennis Tirch: [00:29:11] So. I think with, with our clients, you know, this is a season where it is getting darker in the Northern hemisphere. The days are getting shorter. We're heading into a third, uh, you know, wave of the pandemic. There are different kind of quarantine requirements in different countries. It's scary. You know, politically things are scary in many countries.

It's third of the developed world now is facing, you know, populous like, uh, momentum, you know, moving towards greater potential autocracy. We're talking today and this sort of day. That's very exciting for a lot of people who value empathy, compassion. And we were talking about this a little earlier that, you know, the, uh, election is just, you know, hopefully you've been called.

Or has been called and hopefully it doesn't result in all sorts of new levels of ridiculousness in the States this very day. So yeah, there are, there are, there are, there are moments of brightness and there's moments of hope and there's reason to, to have like a, like a optimistic, uh, you know, frame. And yet we're facing really difficult, like stressors and it happens every year.

You know, it's like psychos, Samsara cyclic. Sickly difficulty. So what we're working with clients is like, and with ourselves is to access that part of ourselves slowing down, engaging parasympathetic, nervous system, breathing, all of these kind of grounding practices, stabilizing practices and. Uh, stimulating that embody motivational system, which you can do lots of different ways. We call it.

Laura Silberstein-Tirch: [00:30:53] I think there is yeah. A variety of ways of kind of accessing, uh, compassion for yourself in the context of particularly I think this upcoming winter, um, and this difficulty in being able to see the big picture, right.

The opportunities for hope and, for lightness and joy. As they arise, but also to be able to tune in and take care of ourselves in the context of our suffering. And I think that begins with a pure acknowledgement. this is, this is new. This is difficult. We haven't been here before. I mean, granted, we have a little bit of practice because this is our, our third wave when it comes to a lockdown and the pandemic, but in the context of, of this winter and it lasting this long and all of the different, uh, costs that, have come with with this experience, I think that having a deep acknowledgement and validation.

All of our suffering and ever a pain, of course, we're struggling. Of course there's difficulty right now. It makes sense that we're not sleeping or a little more irritable with our loved ones or that we're having a harder time concentrating on the 85,000 zoom meeting that we're on or whatever it is in that moment to hold ourselves in this kind of deep understanding and wisdom.

Right. But this is new. We didn't choose any of this. This is not what we'd want for ourselves or for our loved ones. And then kind of really tuning into kind of what it is that we need most in these moments, what is available to us. So I think this is where we pull from, the act processes so much as our individual values.

How do we embody our values in this context, in this way, what is available to us in terms of. We orienting to being the type of partner or parent or caregiver or pet owner or, um, you know, or self that we want to be in the context of this new kind of suffering. And, and how do we kind of take care of yourselves on that road?

So I think there is plenty using our capacity for the sensitivity of noticing, but also I think a strong kind of acknowledgement, acceptance and validation. Of what's going on for each of us right now, when, as we move of darker winter

Diana Hill: [00:33:13] it's interesting because I interviewed dr Stephen Porges right at the beginning of

Laura Silberstein-Tirch: [00:33:17] of the pandemic.

Diana Hill: [00:33:18] Right. Right at the beginning of lockdown and it was sort of the suspicious moment to get to speak with him. And we went through the whole interview where he was talking about somatic practices to activate our Vegas tone and all these beautiful teachings.

And at the very end, he said, and now I got to go the

Laura Silberstein-Tirch: [00:33:34] to Costco

Diana Hill: [00:33:37] it's both. Right. It's both. Uh, and as fellow yogis, right. Effort and surrender, both the deliberate. Daily practice of doing values-based action, but also just, you know, the, the tasks of, of, uh, homemaking and taking care of our homes, taking care of each other, doing the dishes, feeding

ourselves, getting enough sleep, as well as the surrender component, which I really appreciate.

I think compassion focused therapy offers it's

Laura Silberstein-Tirch: [00:34:05] it's like a surrendering

Diana Hill: [00:34:07] into what you

Laura Silberstein-Tirch: [00:34:07] you described softness

Diana Hill: [00:34:09] and how to, how to surrender in a way that is like a. Like when they teach a child how to swim. The very first thing that when you're, when you're a little baby learns to swim, the first thing they

Laura Silberstein-Tirch: [00:34:18] they teach them is to float

Diana Hill: [00:34:20] their back and starfish pose because that's actually what will, uh, rescue them if they, if they're caught in the middle of the pool, float on

Laura Silberstein-Tirch: [00:34:28] on your back rather than a struggle So

Diana Hill: [00:34:31] wondering about how that looks for you and your own lives, the, the effort, the deliberate action, the top S and that, and then also the surrendering as parents, or as a couple.

Dennis Tirch: [00:34:40] that compassion focused therapy is yoga. And we set that in a class on Monday for the first time. And it was really, it felt so right to say it, you know, because the yoga, the Asana practice of yoga in its current form is as we know, right.

Like that's, you know, if it's 112 years old in this form, it's a lot, probably has drastically changed with the addition of like Northern European, physical culture exercises and stretches and things that were brought back to India and adapted with the Austin as that thing existed. And so the yoga that we teach us physical yoga that we practices physical yoga, that's kind of a new.

Sort of sleek off an awesome and effective thing, but the yoga as yoking, as blending as harmonizing different, uh, dimensions of functioning, you know, through, uh, like devotional, yoga and Bhakti, yoga, karma, yoga, how we live, how we act training the mind, training the body, training the breath and bringing all of those.

Types of functional those competencies into harmony around, uh, like gentleness and surrender and loving awareness and connectedness that's. And that is sort of, you know, compassion focused therapy. Paul is more partial to the Trump compassion and kindness. Paul Gilbert, because love in the West. Yeah, he pointed a basic, very good point.

We were so we're so into preference and I like, I don't like and love meaning like, Ooh, I love you. I'm went to bury you or you're I love you bro. Or like, it's about, it's about, uh, you know, kind of a different kind of attachment, you know, and, and, uh, as opposed to not loving or not liking it's very, dichotomized.

But the kind of like universality of affiliation of connectedness and harmony weakness, you know, collective awareness that is, is, is what were you looking to in the 3000 year old, at least practices we've got yoga. That's sort of what we're doing. Compassion books there. We have an ideal. The compassionate mind, we can situate ourselves inside that compassionate mode of being rather than situate ourselves as our everyday, you go to self and then we can feed the dog dog and wash the dog bowl and we can watch what we eat and eat healthy and be careful not to get stuck, confused with anger and treat each other badly, or

treat ourselves with cruelty. And so that. That sort of letting go and surrendering our modes of control and grasping and anger and ego or drive circle and threat circle and CFT language, you know, anger, anxiety, all this stuff. We're not denying those emotions, but like allowing them to be present and not being super identified with them, not like proceeding where we hand our whole lives over to those experiences.

So I think like, You really make a beautiful point that like a yoga lifestyle or a compassion focus lifestyle, or a healthy lifestyle, it's just, they're all different facets of the same diamond in a way. It's the way of being in the world

Diana Hill: [00:38:08] I

Laura Silberstein-Tirch: [00:38:08] I

Diana Hill: [00:38:08] how you bring up yoga and the overlap. And it's something that as a yoga teacher, I, I think a lot about, and even in thinking about the eight limbs of yoga and the yamas and the niyamas, right? So, so the yamas being the actions that. That we take the ethical principles that we take towards others things like

practicing non-violence, uh, himsa or practicing, um, Brahma, , Shahara, so practicing moderation and balance, but then the neon muscle being about how we treat ourselves.

And that's very much

Laura Silberstein-Tirch: [00:38:38] much

Diana Hill: [00:38:38] of compassion. Right. Of, of not just looking at how

Laura Silberstein-Tirch: [00:38:41] how can I be more self-contained

Diana Hill: [00:38:43] or how can I be more giving to others, but really what are the, big picture principles that we bring into our lives and our daily actions, whether it's. Through yoga or through, um, people have different religious, spiritual relationships, or even just thinking about ourselves as,

Laura Silberstein-Tirch: [00:38:57] animals that are interconnected

Diana Hill: [00:38:58] planet that are, very much one big macro organism that, that influence, each other that

Laura Silberstein-Tirch: [00:39:05] we co-regulate each other.

Diana Hill: [00:39:08] laura,

for you as a mom, I'm curious about, Compassion and, and motherhood and, how, that flow of compassion shows up for you, towards yourself and with your baby,

Laura Silberstein-Tirch: [00:39:20] it is it's that real kind of flow of compassion that, um, you know, I'm reawakening to every day and there's a new level of, of awareness and understanding around what it means to, um, allow myself to give. Compassion and care and love and allow, almost feels like the wrong word because there is this kind of natural, emitting and, and abiding in compassion. With my daughter and I think this capacity for receiving compassion. Right. And kind of being able to kind of see the, the looks that she gives me or the first kind of mommy that I get in the morning when I go to get her from her crib.

And the self compassion I have for myself on the days where I'm not sleeping, or I haven't been able to get to, you know, everything I need to do for work or for the house or for each other, um, or where I'm willing to kind of receive the compassion from Dennis. Who's kind of the, co-parent extraordinary, extraordinary, particularly in the context of, these past six months kind of sharing kind of the load.

Together in this, in this kind of parenting journey, which has been so amazing. there is this kind of real, like daily reminder, and I think it speaks to kind of daily practice, um, that Dennis was talking about of kind of just hiding in that awareness of it. Right. And noticing, I know where kind of my attention is in a given moment.

Um, And when I'm kind of spending time with her, um, or replaying, or she's learning something new, kind of really tuning into herself and myself and our self in that moment. And being able to kind of, kind of notice kind of that, that all the kind of wonderful sensations of kind of being, being with her, or being able to care for kind of her.

Um, so I think there is kind of a lot of that, you know, awakening and re understanding of. Of the, the skills of kind of compassion, in this moment and the actions and things that do Vulcan, the imagery and the melody and the song of kind of motherhood, that has emerged. That's been just kind of amazingly enlightening in its own way.

and on the other side, like, Real Testament to kind of a willingness to sit with distress and difficulty. And, our capacity for sleeplessness is, is snow bound sometimes. But that's, I think there's this kind of other end of it that allows us to, um, to persist in the face of, of those kinds of struggles and suffering because we love.

So deeply and because it matters so much. Um, so there's been, yeah, a lot of, a lot of new learning and, and a lot of old remembering, right? Like I really, I'm very fond of the translation of the Pali word for mindfulness as self remembering and kind of holding self with a lowercase S like, there's this kind of remembering of what it means to be human, what it means to be connected, what it means to care.

Or others. Um, and I, I think we use a lot of teaching examples around parenting because our capacity for compassion comes from our caregiving and care receiving repertoires. before becoming a mom, I could say them quite quickly and kind of as a teaching point, but now they're kind of lived experiences and I asked myself stumbling or kind of tearing up sometimes, or kind of feeling the heart check.

Moments of like, what that experience will knowing like

Diana Hill: [00:42:51] I love how you you bring up the

Laura Silberstein-Tirch: [00:42:53] the receiving compassion.

Diana Hill: [00:42:54] component with children or if we have animals or we have loved ones of taking the

Laura Silberstein-Tirch: [00:42:59] the time to

Diana Hill: [00:43:00] receive and, and really

Laura Silberstein-Tirch: [00:43:02] really

Diana Hill: [00:43:02] experience, compassionate gratitude. Right? So we're thinking about the holidays and in the, you know, in Canada, in the U

Laura Silberstein-Tirch: [00:43:09] the U

Diana Hill: [00:43:09] Thanksgiving, and what gratitude really can be is, is in some ways, receiving compassion and being grateful for those, those moments and having taken the time to.

To be in them, spending time in them.

We've had a number of guests on the show that we've been inspired by, and that are offering you our listeners discounts on their programs. If you go to our website offtheclockpsych.com, you'll be able to find coupon codes for the programs of Dr. Judson Brewer, Dr. Rick Hanson and Jen Lumenlun. So go check it out at, offtheclockpsych.com and start learning today.

one of the things that I had my kids do over the past couple of days, besides learn about what the electoral colleges, , in color in the map was write a letter to our future president, whoever they may be and what their,

Laura Silberstein-Tirch: [00:43:59] their

Diana Hill: [00:44:00] wishes would be for them.

And as well as some, some suggestions for

Laura Silberstein-Tirch: [00:44:04] for improvement.

Diana Hill: [00:44:05] And I'm curious if you were to be able to be in a space with our, administration, what would you

Laura Silberstein-Tirch: [00:44:11] suggest

Diana Hill: [00:44:12] to help heal our country?

Heal. Divide,

Dennis Tirch: [00:44:14] to focus on. Creating the causes and conditions in education and in media and in public discussion that deliberately, train compassion that cultivate that you can have, um, McDonald's and a sedentary lifestyle and you will reliably contribute to greater heart problems. You can have people smoke cigarettes and you can contribute to like greater lung cancer. You can have, you know, racist or anti-Semitic or Thai Muslim propaganda, right. Or Thai, LGBTQ propaganda. And. Many different places in many different points in history. And that motivates people to act out of hate. And we know from the research on compassion training and self-compassion training, as well as like, you know, centuries of witnessing history and different societies and contemplative movements, we know that when you reliably create.

The conditions and causes that cultivate greater compassion, that there's an individual in social transformation. It's like not a mystery. It actually happens. It actually literally really, really happens. And we have social conditions which have created greater polarization, greater hostility, greater competition, and greater cruelty.

So, you know, if president of elect Biden and. Vice president Kama Harris, you know that if their administration, if they're going to move towards the values of empathy and inclusion that they've put forward so far, that that doesn't have to just be like a vague aspirational thing that can be like, you know, something that we actually train people in.

Just like we train people in like the alphabet or calisthenics or. Marksmanship, you know what I mean? It's a real thing.

Laura Silberstein-Tirch: [00:46:23] Real action items that, yeah, we can kind of begin from kind of day one, I think in beginning with, an ability to open up kind of a dialogue and open up kind of our capacity for listening and active listening. With one another, right. In terms of inclusion, in terms of action, in terms of healing, um, and repairing, I think some of that, the divisions that have, have really gotten so deep and I think we need to kind of acknowledge them and acknowledge everybody's kind of fears in the context. Of those divisions, um, and allowing kind of a safe space where, we can have kind of the difficult conversations.

And I think that Dennis kind of speaks to this idea of how do we create the conditions, where our capacity for compassionate as, As a population, as a community, as a government can arise. And I think that we have kind of the science behind compassion to be able to facilitate that kind of, that kind of context, where it's going to increase the likelihood where we all have the ability to act from a place of compassion and care and an interest of all of our wellbeing.

Diana Hill: [00:47:29] Yeah, so I'm hearing starting with deep listening and then training the mind in, in orienting, towards compassion and, and maybe training at the level when they're little, you know, training and that, you know, having that integrated into our education system and,

Laura Silberstein-Tirch: [00:47:44] I

Diana Hill: [00:47:45] was reflecting as we were thinking about leaders. the, the meeting many years ago, in the sixties, Thich Nhat Hanh

Laura Silberstein-Tirch: [00:47:51] met with Martin Luther King

Diana Hill: [00:47:53] in New York. so techno came to New York. He was, I think he was an

Laura Silberstein-Tirch: [00:47:56] was an exile already

Diana Hill: [00:47:57] and they had

Laura Silberstein-Tirch: [00:47:58] had 45

Diana Hill: [00:47:59] together. And I always wonder what happened inside those doors, but when they came out.

Of

Laura Silberstein-Tirch: [00:48:04] of

Diana Hill: [00:48:04] meeting uh Martin Luther

Laura Silberstein-Tirch: [00:48:06] Luther King came

Diana Hill: [00:48:07] against the Vietnam war and probably what happened in there was a whole lot of deep

Laura Silberstein-Tirch: [00:48:12] listening,

Diana Hill: [00:48:14] a whole lot of compassion. And then from there we can act and really profound, big ways, or we can act in, in smaller ways within our own little families, maybe just being with our

Laura Silberstein-Tirch: [00:48:23] our child when they

Diana Hill: [00:48:24] wake

Laura Silberstein-Tirch: [00:48:24] like are from

Dennis Tirch: [00:48:25] that

Diana Hill: [00:48:25] Which your child is doing such a good job of right now

What a long napper she is. Good job.
dennis and Laura. You've done such a beautiful job of looking at how we can take
act acceptance and commitment therapy, and really, Marriott with the
compassion

Laura Silberstein-Tirch: [00:48:44] practices

Diana Hill: [00:48:45] CFT.

Can you talk a little bit about why you've woven those two approaches together
and why they're such a beautiful fit?

Laura Silberstein-Tirch: [00:48:54] Well, I think

Dennis Tirch: [00:48:54] their lenses and Laura, I'd love to get your take on this
too. Like there, there, there are different process models that emerge from
different scientific traditions that are both, that both of them are influenced by
contemplative practice.

You know, Steve Hayes and other in Kirk and Kelly, you know, to some extent
were influenced by contemplative tradition. I know Steve, uh, really was, we've
talked a lot about that together. And, uh, you know, sort of subcu, uh, and yoga
philosophy and meditation and Zen, that was a big influence as well as radical
behaviorism on Steve's really thinking.

And then he comes out of the behavior, analytic tradition and cognitive behavioral
disturbance extent tradition. So there's like a basic science plus contemplative
wisdom take on human functioning and a return to the science from the, uh, The
basic signs from the outcome data emphasis of the eighties and nineties and in
mainstream CBT right now, Paul Gilbert and then the compassion focused
therapy people.

Those are folks who came a little bit more out of things like the Tibetan, Adrianna
meditation, uh, world and imagery in that world. And even like method acting
plus, uh, therapy from the human potential movement and sort of like, how do
you. Evoke and, you know, certain kinds of inner potential. So you feel them.
And then the basic science of affective neuroscience and Ellucian. So there's
also a return to basic science and are returned to contemplative wisdom, but in a
different kind of domain of science. So, and they both have a process model.
One is more, uh, evolutionary functional in that analysis of emotion.
Which is the CFT thing. And the other is more a behavior analytic, functional
analysis of language and cognition, right. Verbal behavior, but you put them
together and they're both like really erudite well-developed lenses on
motivational, emotional functioning with the compatible language. it makes
sense.

That you can, you know, derive connections also we're clinicians, you know,
we're not really academics. We do have a two person university department in
the house with like, you know, a dog and baby, but listening. That's our attire of
the faculty and student body. But like, we're not so much a part of the academic
establishment.

And what that means is we're, um, We're running studies with an N of one, you
know, all the time like, and you learn what, what is seems to be working, what
seems to not. And you always have to be careful about, you know, your
subjective experience and anecdotal evidence. But on the other hand, no clinical
experience can inform research and theories and treatment development.

Paul Gilbert often says that CFT was developed with. And for his clients, like with, and for them like that, they, if you watch some of the videos, he uses his teaching tools with some of his earliest CFT clients, they're coming up with some of the ideas that we use now, just as much as Paul is. And I think the same thing happens with us.

Laura Silberstein-Tirch: [00:52:20] Oh, absolutely. I think that a lot of this emerged from. Um, and I think it was, you know, about 10 years ago where that we really started having these kind of really passionate conversations about how to bring CFC and act together. I mean, I think I like to say that it CFT likes to share his toys and play well with other therapies.

And I think that's kind of quite true. It's bringing a compassion focus to evidence-based, especially I think process based therapies. And that's why I think there is, was a natural. Fit early on. And it was about kind of 10 years ago. And Dennis was kind of speaking, um, at a kind of Buddhist temple and doing some trainings with, with some folks.

And he was talking about act in kind of layman's terms. And I had been kind of really immersed at the time in bringing CFT into the room. I'd been doing act therapy. and working with ad processes of my clients, but really immersing myself in mastering CFT at that time. And it kinda, it felt like somebody kind of hit me over the head.

Like, of course these things nap on to each other, the way we conceptualize psychological flexibility, then we conceptualize the processes involved in the compassionate mind they fit together. So well. And I noticed looking over kind of training tapes, um, How the language and interplayed with each other and how the focus in the room interplayed and how the more kind of, we brought in the compassionate language into kind of the act processes with our clients.

It felt like something softened in the room. And I would agree with you, Dennis. I think a lot of, kind of what we notice in how treatment develops is. Yeah. From the wisdom of the individuals that we serve. Right? Like th that, that is kind of what sparks, I think, inspiration in so many ways. So I think there was this, this natural fit there, um, and this kind of, um, pulling out of, kind of what was embedded in both of these treatments.

I think they'd bring out the best in each other and men.

Diana Hill: [00:54:19] one of the things that you taught, Dennis, at the opening of that retreat that we're

on a few years back was you opened it with a,

Laura Silberstein-Tirch: [00:54:26] a why are you

Diana Hill: [00:54:27] here?

you

asked us that, and then you asked to

Laura Silberstein-Tirch: [00:54:29] to sit again,

Diana Hill: [00:54:30] and then I think you asked to do it again, three or four times to actually get to the root of why we were really there at the retreat together. And I'm curious for the two of you. Why are you really here on this

Laura Silberstein-Tirch: [00:54:42] this podcast

Diana Hill: [00:54:43] spending your Saturday with us psychologist off the clock.

Dennis Tirch: [00:54:47] I think that's, uh, that's a question to sit with, you know,

how much, how much do you want? I know, I know that my aim for being here is, you know, So that way of answering and why is that? To the extent that I am able to make a decision, and I'm not just determined by the flow of, uh, you know, but genetics and environment and learning history that determines most of my actions, like the, the, the, the, the, the part that is like something like will that's here is, is a desire to help people to wake up, help myself to wake up, to share a space where we're awakening to who we really are, uh, as.

Connected, you know, conscious oneness in a way, you know, and that's why I became a shrink. And that's why like, I'm so like rejoicing in the fact that the field moved towards, uh, mindfulness, acceptance, compassion, and were dormant modes of like thing, thinking, I mean, I had faculty telling me like, You seem like a hippie, you seem like a drug dealer because I meditated, you know, like you seem like a drug, like, I don't know.

It doesn't seem very correlated to me. That seems orthogonal. But anyway, like, you know, just because, you know, you talked about Buddhism, so like, you know, and may they be well, wherever they are, they're happy, you know? But the truth is like, that's, that's the game to me. The game is awakening and loving and sharing that space together.

So that's, you know, this seemed like a good idea. You, you seem really great at everybody around this podcast. It seems really great and caring and loving and supportive and wanting to share a little light. So that's a good thing to be a part of. I think that that's my, my thing,

Laura Silberstein-Tirch: [00:56:40] as we often do, we kind of sit in, in a similar circle and I think my, my aim.

I think it very much kind of arrests in, in what Dennis is saying. And, and this capacity to, um, talk about compassion with y'all is, uh, so important to me. Um, and any opportunity to sit and talk about compassion. I think we will take, I think, you know, we, we're pretty kind of geeked out about this stuff and I love kind of the, the content and context of your, your.

Your guys' podcast is so amazing and I've always enjoyed listening to it. So it's kind of an honor and a pleasure to be here talking to you about this, this amazing kind of topic and the idea of transformation. Uh, the idea of, , More people bringing compassion into their work, into their lives, , into their experience means a lot.

I think to me, to both of us, we like to say that compassion is your birthright. It's all of our birthright, you know, as a human being on this planet, you are worthy of compassion receiving and giving compassion. And now, , as much as any other time in our lifetime is a good time. To remember that, to remember our capacity for compassion for each other.

and I think is how we're going to continue to continue to evolve and to better address our capacity as humans for suffering. Right. I just want to

Dennis Tirch: [00:58:04] riff on that for a minute. So I just am noticing how baked into our language in our, like our, our human ideas about separateness, the way we could answer the question is, you know, although I think we're. Answering it as well as we can. And we're trying to emphasize, but like when, when you first asked me to the question I answered about like, I, but the truth is the why, and it has more to do with you. Like you asked us, you know, that's why

we're really here. It's because you asked and it made sense and it's like, it's not even just.

Because of you, it's because of us. It's because of the people here in this room and our community and all the folks who came before us and in a weird way, maybe, you know, all the folks who come after us, like, because we're a part of flow of people who want to become more compassionate and be awake for one another.

So, you know, in a way you're the way you are. The reason we are the reason together that we're here. That's the. But the, but the thing asks for it, you know, like we, we talked that way, all of us all the time we need to, or nothing would get done. Like, you know, you're as a restaurant and the waiter comes up and says, what would I like for dinner?

You're not going to get very far. There's like, what would you like from dinner? You know? So we need to acknowledge that level, but the real answer and the why I think has got little to do with just us

Laura Silberstein-Tirch: [00:59:33] embedded in the answer. Right. And the MBA, I think that in the work is this kind of surrounded of this.

Is surrounded by this awareness of the weakness, the interconnectedness of all of us, the embodied interconnectedness that we've been talking about and this understanding, um, that we're yeah, we're playing the game. We're playing the self game. We're playing the I you me. Sure. Yeah, because that's, that's, what's workable.

but we can hold that lightly. We can have kind of flexibility around that and an understanding of, of a greater sense of, Of existence and of what it, what it all means and what we're all doing this for, right? That, that there is no, you, there is no me, there is only a way if we're going to survive and get through.

Diana Hill: [01:00:16] Yeah, and I, I think I asked you because

I wanted to be part of that. I felt that when I first, when I first met you, uh, from a distance, you know, uh, there's something magical here in this, in this room that I was in with you, but, but magical in a, in a, in a bigger way, if I want to. Be part of it. I

Laura Silberstein-Tirch: [01:00:36] of that I feel like

Diana Hill: [01:00:37] there's an offering here not only

Laura Silberstein-Tirch: [01:00:39] only

Diana Hill: [01:00:39] myself, for my clients, but me as a parent, me as a partner

Laura Silberstein-Tirch: [01:00:42] partner and me as

Diana Hill: [01:00:43] a human on this planet and

Laura Silberstein-Tirch: [01:00:46] it's through compassion.

Diana Hill: [01:00:48] so I thank you for, for spending your morning or spending, spending your time to, not only this in this moment, but, uh, but a lifetime of, of your own personal work, your work as a couple as a family, your work in writing. many different

Laura Silberstein-Tirch: [01:01:03] books and offerings, everything from the

Diana Hill: [01:01:06] Hetty, uh, act practitioners guide to the

Laura Silberstein-Tirch: [01:01:09] to the science passion

Diana Hill: [01:01:11] if you wanna, if you are one of those nerds that is, uh, in lockdown and wanting to nerd out on how, how these models fit together. Go for

it. And you'll get everything from the hex of flex, with, Kristin Neff's work to, how CFT all it all makes sense. And then if you want the day to day, like. Okay. I just need to open something up. I'm right now I'm having difficult thoughts. And how do I respond to that? How do I be nicer to myself, Laura, your book on how to be nice to yourself is, beautiful to look at and it's beautiful to experience. So I really appreciate you taking these complex. How do you, how do you, how do you staff and making it, accessible for us just to use in our daily lives or with our clients? my name blessings to the two of you. I hope that we continue to, collaborate in the future and, and be part of this, bigger movement towards compassion, collaboration, kindness, love, whatever

Laura Silberstein-Tirch: [01:02:02] whatever

Diana Hill: [01:02:02] call it.

I appreciate your time today.

Dennis Tirch: [01:02:05] Thank you so much.

Laura Silberstein-Tirch: [01:02:06] Thank you so

Pleasure

Pleasure.

Diana Hill: [01:02:17] Thank you for listening to psychologist off the clock. If you enjoy our podcast, you can help us out by leaving a review or contributing on Patreon.

Yael Schonbrun: [01:02:24] You can find us wherever you get your podcasts and you can connect with us on Facebook, Twitter, and Instagram.

Jill Stoddard: [01:02:29] We'd like to thank our strategic consultant, Michael Herold and our interns, Katy Rothfelder and Melissa Miller.

Debbie Sorensen: [01:02:35] This podcast is for informational and entertainment purposes only and is not meant to be a substitute for mental health treatment. If you're having a mental health emergency dial 911 if you're looking for mental health treatment, please visit the resources page of our web page offtheclockpsych.com